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Prayer

Journaling & Prompts



hello ~

Have you ever wanted to start writing a prayer journal, but just didn't know where to begin? This question is very common because writing can cause us to sound a little alarm in our brains. The alarm goes something like: This has to be perfect because it's permanent. I don't want to make any mistakes; I must think slowly and carefully. So what should I write?

I hope you enjoy this guide for how to start keeping a prayer journal. Use the prompts to begin writing out your prayers to God on a regular basis and enjoy.

prayer prompts

- Read then re-write prayers that you find in the book of Psalms.
- List things that are a particular challenge to you at work. Pray scripture over them.
- Re-write the Lord's prayer in your own words, applying the words of Jesus to your particular needs, and gratitude.
- Write out a list of everyday thank yous and pray them out to God.
- Copy into your journal a meaningful prayer that someone else has written.

prayer prompts

- Write out a prayer for ‘the least of these’. Ask God to show you your part in ministering to the homeless, elderly, and disabled.
- Write out a prayer of confession
- List out the priorities and needs for the upcoming week – praying over each one and placing it in God’s care.
- List needs and pray over them – asking – and trusting – God to meet each need.
- List and pray for leaders and businesses in your community.

choose a method

- Write your thoughts in a blank journal
- Download a prayer app to try
- Keep a spreadsheet on your computer or online
- Use your smartphone reminders
- Purchase a journal with prayer and writing prompts.

Places to look for prayer journals, prayer prompts, and ideas:

Amazon.com Google
Christianbook.com Pinterest
moreradiance.com Etsy
myonlineprayerjournal.com

gather your supplies

writing implements

- Favorite pen
- Colored pens or pencils if you wish to illustrate or highlight.
- Pencils/erasable pens if you want to be able to erase.

journal

- Blank journals can be found at most stores.
- Print a free prayer journal from the web.
- Online & physical bookstores carry a wide assortment of specialty journals.

prayer prompts

- Write out a prayer of praise for all God has accomplished in your life.
- Write a prayer on behalf of a loved one.
- Surrender all your thoughts to the Lord by writing out a prayer of giving yourself to Him.
- Pray a prayer of blessing over someone you love.
- Pray for your enemy's
- Take a prayer walk outside and give thanks for the specific things you see.
- Write a prayer of praise to God using a list of all His names.

prayer prompts

The following pages contain ideas for prayer topics to write on. These by no means should replace whatever God places on your heart to pray and journal about!

- Write a love letter to God
- Rewrite your favorite scripture as a prayer
- Write a thank you for something you feel especially blessed by.
- Tell God how much you love Him, and praise Him for who He is.

spill your heart

Write down exactly what you are thinking. Don't worry about following a certain order or style. Write what is on your heart. Don't erase and rewrite. That's what God would love to hear from you! Everything on your heart.

Some may disagree with this and immediately recommend following the Lord's Prayer or an order of praise first, etc. It's fine to have an order, but if having an order causes you to clam up and stare at the page, then forget the pattern.

Write your heart. If you find yourself running out of time, continue the next day. No rules, just prayers.

try it for a week

Use your chosen method for a week and determine if it is the best one for your purpose.

By committing to a certain number of days per week, you can hold yourself accountable to follow through on writing.

Giving yourself grace to change methods after a week of usage provides an opportunity to find the best method that works for you.

You may also find that what works one day isn't a good fit the next. Use whatever works for you.

set, reach, & re-evaluate

Set a number of journal entries as your goal. When you reach that number, read all that you have written.

You could set aside two weeks, a month or whatever time frame you'd like. Read what you have written and determine if you'd like to continue or set a new method.

You could write out the benefits from your experience on one side of a sheet of paper and the changes you'd like to make on the other, then weigh them against each other.